



## #4: Broken Bodies

Psalm 38

November 15, 2015 Kemptville CRC  
“...I am exhausted  
and completely crushed...”



## #4: Broken Bodies

Psalm 38

November 15, 2015 Kemptville CRC  
“...I am exhausted  
and completely crushed...”

- Review: some faithbusters in our lives are.....

- The usual way we connect faith and health is:  
(as, for example, in Psalm 38)

- Our bodies matter:

- Genesis 2:4-7 *Breath of life* -  
*Living Being* -

- 1 Corinthians 6:19 *Temple of the Holy Spirit*  
-honoring the body -

-

-

Don't Beat Up

- Listen to your mother!  
- Don't listen to the voice of guilt

Don't Give Up

- 1 Peter 5:8: *how have you experienced this in your life?*  
- antidote is: “**I belong to Jesus!**” (John 10:28-29; Rom 8:39)

Don't Shut Up

- let others carry you

- help others: be gentle  
be generous  
be gracious

- Review: some faithbusters in our lives are.....

- The usual way we connect faith and health is:  
(as, for example, in Psalm 38)

- Our bodies matter:

- Genesis 2:4-7 *Breath of life* -  
*Living Being* -

- 1 Corinthians 6:19 *Temple of the Holy Spirit*  
-honoring the body -

-

-

Don't Beat Up

- Listen to your mother!  
- Don't listen to the voice of guilt

Don't Give Up

- 1 Peter 5:8: *how have you experienced this in your life?*  
- antidote is: “**I belong to Jesus!**” (John 10:28-29; Rom 8:39)

Don't Shut Up

- let others carry you

- help others: be gentle  
be generous  
be gracious

---

MY QUESTION

---

MY QUESTION